



Biblical Counselling UK

Certificate in Biblical Counselling

Module Descriptions

Updated August 2023

Certificate	Modules
Foundations	<ul style="list-style-type: none">• Dynamics of Biblical Change• Helping Relationships• Counselling in the Local Church
Skills	<ul style="list-style-type: none">• Scripture for Life and Ministry• Marriage Counselling <p style="text-align: center;">+</p> <ul style="list-style-type: none">• The Summer Intensive, comprising:<ul style="list-style-type: none">• Personal Qualities for Helping Conversations• Counselling Observation
Topics	<ul style="list-style-type: none">• Theology and Secular Psychology• Applied Theology of the Person

FOUNDATIONS CERTIFICATE

Foundations 1: Dynamics of Biblical Change

The way you counsel others is determined by how you understand God, yourself, other people, life's pressures, and, of course, the process of change. *Dynamics of Biblical Change* addresses these things and more. It describes how Christ's past grace, present grace, and future grace speak to our hearts and change the way we live our daily lives.

This module is about people and the way they (and we) face the troubles of life. It is about dealing with our inner struggles and changing into the likeness of Christ. Through Scripture, online lectures,

assigned readings and case studies, you'll explore these practical ministry questions. Two self-counselling projects are key to applying the principles of the course personally.

Outline

Week 1: Introduction and Overview

Week 2: Understanding the Person

Week 3: Understanding the Heart

Week 4: The Wisdom Found in Christ

Week 5: Understanding the Situation

Week 6: Practical Application: James

Week 7: Influences of the Heart

Week 8: Sin and the Heart

Week 9: Sin and Transformation

Week 10: Living with Personal Integrity

Week 11: Submit Final project

Week 12: Final exam

CCEF Lecturer: David Powlison (1949-2019)

David served as CCEF's executive director, as a faculty member, and as senior editor of the *Journal of Biblical Counseling*. He held a PhD from the University of Pennsylvania and an MDiv from Westminster Theological Seminary.

David wrote extensively on biblical counselling and on the relationship between faith and psychology. His books *Seeing with New Eyes* and *Speaking Truth in Love* probe the implications of Scripture for how to understand people and how to counsel. *The Biblical Counseling Movement: History and Context* explores the background and development of CCEF's mission. David's later books include *God's Grace in Your suffering, How Does Sanctification work?, Good and Angry*, and his final work, *Safe and Sound*, which was published posthumously.

Books

ONE of the following books on suffering (any other required reading is provided with course access):

Suffering by Paul Tripp (Crossway)

How Long, O Lord? By Don Carson (IVP)

God's Grace in Your Sufferings by David Powlison (Crossway)

When God Weeps by Joni Eareckson Tada (Zondervan)

Foundations 2: Helping Relationships

Let's say you have a basic and growing understanding of biblical counselling. You know the key ideas and have been able to apply them to yourself. Now comes the hard part: How do you apply this understanding in your everyday relationships? This module takes what you learned in *Dynamics of Biblical Change* and helps you apply it in interpersonal ministry. Case studies, lectures, and group discussions will help you grow in your ability to listen well, know people, interpret another person's story from a biblical perspective, and offer biblically-based truth that will motivate others in their growth in Christ.

Note: This course has two unique requirements. First, you will be paired with other students for a bi-weekly community group which will take place as part of the seminars.

You will also meet weekly for an hour with someone (a friend, fellow church member, neighbour, etc) to put into practice what you are learning in Helping Relationships. You will receive more information about these activities in your course syllabus and in the opening lecture.

Objectives

This module will enable students to love others, using words, with increasing skill. Specifically:

1. To locate the seed of all counselling ministry in two people praying together.
2. To develop an attractive, adaptable, flexible and transferable ministry method, and
3. To identify and practice the basic methodological principles that are emerging in biblical counselling.

CCEF Lecturer: Ed Welch

Ed Welch is a faculty member and counsellor at CCEF where he has served since 1981. He holds a PhD in counselling (neuro-psychology) from the University of Utah and an MDiv degree from Biblical Theological Seminary. Ed is a licensed psychologist and has been active in local church ministry for decades. He has written numerous books, including *When People Are Big and God Is Small*; *Shame, Interrupted*; *Side by Side: Walking with Others in Wisdom and Love* and *Created to Draw Near*.

Books

Side by Side by Ed Welch

The Heart of the Servant Leader by C. John Miller

The Gift of Therapy by Irving Yalom

Foundations 3: Counselling in the Local Church

Biblical counselling – what will it look like when biblical counselling is established in the ministry of a local church?

The purpose of this course is:

- to enable students to better understand the nature and purpose of church
- to help students understand the nature of biblical counselling and its development over the centuries
to equip students to understand their ministry context and see opportunities for biblical counselling to flourish
- to envision students with a range of ways in which biblical counselling could be embedded in their local church
- to see the importance of both public and private ministry of the Word and how they inter-relate
- to help students to play a part in growing a culture of care in their local congregation
- to encourage students to engage in biblical counselling in ways that are safe, collaborative and wise

Topics covered include:

Church as community; pastoral care and evangelism; praying for your church; a brief history of pastoral care and the modern biblical counselling movement; every member ministry in the local congregation; the role of pastors and elders; pastoral care structure; creating cultures of care; confidentiality; supervision; boundaries; church discipline and the role of parachurch organisations.

BCUK Lecturers: Steve Midgley and Helen Thorne

Steve Midgley is the Executive Director of Biblical Counselling UK. For many years Steve has taught courses in biblical counselling at Oak Hill Theological College where he has been a visiting lecturer. He has jointly authored *The Heart of Anger* with Christopher Ash and the recently published *Mental Health and Your Church* with Helen Thorne. Steve is a board member of CCEF and on the Board of Directors of the Biblical Counseling Coalition. Until September 2022 he was senior minister of Christ Church, Cambridge and trained as a psychiatrist before being ordained.

Helen Thorne is the Director of Training and Resources at Biblical Counselling UK. She is an experienced speaker, counsellor and author whose recent books include *Hope in an Anxious World*, *Walking with Domestic Abuse Sufferers*, *Purity is Possible*, *Real Change* and *Real Change for Students* and *Mental Health and Your Church*. She has completed CCEF's certificate courses and holds an MA in Applied Theology.

Books

Caring for One Another by Ed Welch

Relationships: A Mess Worth Making by Timothy S. Lane and Paul David Tripp

SKILLS CERTIFICATE

Skills 1: Scripture for Life and Ministry

Scripture is authoritative and sufficient for counselling (2 Timothy 3:16-17; 2 Peter 1:3-4), but how do you connect God's Word effectively to the lives and struggles of people around you? Do you frequently turn to the same familiar passages, but are less confident in using other biblical passages to communicate the power of God's love and faithfulness in the Gospel? How do you use the Bible's redemptive story in counselling so that counselees grow in their knowledge of and love for the sovereign Lord? This module will help you understand both people and the Bible more thoroughly and is designed to strengthen your ability to rivet Scriptural truth to real-life ministry situations.

Through lectures, class discussion, and interpretive assignments, you'll develop your skills in interpreting and applying any passage of Scripture to help people to grow in love for God and others more fully in the midst of their complex, daily lives.

In this course, you will:

- Grow in excitement and passion for the personal application of God's Word in your own life and in the lives of others.
- Learn and practice a method of biblical interpretation that makes connections between the details of particular passages and the wider story of Scripture that centres on Jesus Christ
- Practice moving from Scripture to life by making gospel-centred connections between specific passages and the particulars of a person's life.
- Practise moving from life to Scripture by learning to frame people's struggles in ways that naturally connect with particular biblical themes and passages.

Books

CrossTalk: Where Life and Scripture Meet by Michael R Emler

Even Better than Eden: Nine Ways the Bible's Story Changes Everything about your Story by Nancy Guthrie

CCEF Lecturer: Mike Emler

Mike Emler is a counsellor and Dean of Faculty at the Christian Counseling and Educational Foundation (CCEF). He holds an MD from the University of Pennsylvania and an MDiv degree from Westminster Theological Seminary. He worked as a family physician for over ten years before joining CCEF in 2001. Mike has counselled for many years and has particular interests in working with ministry leaders and with those who struggle with anxiety, depression, and OCD. He writes regularly for *The Journal of Biblical Counseling* and is the author of *CrossTalk: Where Life and Scripture Meet*, which explores the use of Scripture in counselling, as well as *Descriptions and Prescriptions: A Biblical*

Perspective on Psychiatric Diagnoses and Medications. His latest book is *Saints, Sufferers, and Sinners: Loving Others As God Loves Us*. Mike is married to Jody, and they have two children. He enjoys gardening, camping, and various artistic endeavours.

Skills 2: Marriage Counselling

Marriage problems can seem especially complicated and disheartening, not only for the couples struggling with them but also for those trying to help. Talking about them with a helper can be difficult, even explosive. In this introductory course on marriage counselling, you will walk away with a working model for how to make sense of marriage problems. You'll understand simple, basic, and Biblical categories that can handle all of the mess and hardship that marriage counselling and marriage problems will throw at you. You'll also learn methods that help you to manage and constructively direct the conflict and volatility that are often part of the process. But most importantly, you'll have a model that in every way connects the truth of the Gospel to everything that you are going to see in marriage problems.

Outline

Week 1: Building a Biblical Marriage & Relationship Model

Week 2: The Dynamics of Worship and Relationships

Week 3: Setting the Stage for Heart Change

Week 4: Understanding Relational Dynamics

Week 5: Let's Talk

Week 6: Conflict: An Opportunity for Growth and Change

Week 7: Moving from Skills to the Heart

Week 8: Man vs. Woman: Understanding Our Differences

Week 9: Wisdom for Abusive Relationships

Week 10: Marital Intimacy

Week 11: Growing Together Over Time

Week 12: Learning from Other Viewpoints

CCEF Lecturer: Winston Smith

Winston holds an MDiv degree from Westminster Theological Seminary. He has over 20 years of counselling experience and is the author of *Marriage Matters: Extraordinary Change through Ordinary Moments* and co-author with Alasdair Groves of *Untangling Emotions*. Winston and his wife, Kim, have three children. Winston enjoys reading, listening to music, exercise, chess, and other games of strategy.

Books

Sue Johnson, *Hold Me Tight: Your Guide to the Most Successful Approach to Building Loving Relationships*

Shelly Smith-Acuna, *Systems Theory in Action: Applications to Individual, Couple, and Family Therapy*

Winston Smith, *Marriage Matters: Extraordinary Change through Ordinary Moments*

Skills 3&4 Summer Intensive

The week-long Summer Intensive consists of two modules: *Personal Qualities for Helping Conversations* explores some of the personal attributes that God develops in us and then uses in conversational ministry. A central element are the nine sessions of conversational ministry where students take turns in each of the three roles of help-giver, help-seeker and observer.

Counselling Observation provides an opportunity to view and discuss video material of biblical counselling sessions.

The Summer Intensive is usually offered on two or three different weeks through late June to late July in different locations. Student accommodation is available in some venues.

Skills 3 Personal Qualities for Helping Conversations

Description

Personal Qualities examines what you as a person bring to helping conversations – in terms of your character and your helping skills. Class lectures, discussions, role-plays, conversation triads, and response papers will provide you with the opportunity to evaluate where you stand in relationship to the character qualities and skills that contribute to effective conversational ministry

Books

Crosstalk: Where Life and Scripture Meet by Michael R. Emler

This module forms part of our one-week residential Summer Intensive, which should usually be taken within three years of completing the Foundations certificate.

This course is based, with permission, on the CCEF course Essential Qualities of a Biblical Counsellor

Skills 4 Counselling Observation

Description

What does actual counselling look like? It's one thing to learn about biblical counselling through reading books and listening to a lecture, but it's quite another to learn by actually seeing it done. You'll have the opportunity to observe counselling sessions on video. You'll experience the unscripted, unpredictable, and often messy aspects of face-to-face personal ministry, and be introduced to the artfulness, skill, and utter dependency on the Spirit that is needed to counsel wisely. Class discussion will focus on topics that arise out of each counselling session, and you'll learn how to make effective progress notes to document your own counselling sessions.

This module forms part of our one-week residential Summer Intensive, which should usually be taken within three years of completing the Foundations certificate.

TOPICS CERTIFICATE

Topics 1: Theology and Secular Psychology

The modern psychologies provide the lenses through which most people view life's problems. They shape how people interpret troubling behaviours, emotions, and relationships—so that sin is never part of what goes wrong with us. They shape the solutions offered—so that Christ plays no necessary part in addressing what is going on. Through practical assignments, group discussion, lectures and assigned readings, you'll develop skills to lovingly and wisely engage the ways others seek to understand and solve personal problems. You'll develop your ability to reinterpret what they see most clearly and care about most deeply. This class will help you to understand where biblical counselling fits both within the church and in relation to the surrounding mental health system.

Outline

Week 1: Introductions

Week 2: Developing Your Re-interpretive Skills

Week 3: Pastoral Care in the History of the Church

Week 4: Re-interpretative Skills

Week 5: Psychological Research

Week 6: Sigmund Freud

Week 7: Behaviour and Cognitive-Behaviour Therapies

Week 8: Psychotherapy

Week 9: Christian Psychology

Week 10: Engaging Secular Psychological Culture

Week 11: Engaging Evangelical Psychotherapy

Week 12: Engaging the Biblical Counselling Movement

Week 13: What Does the Future Hold for Biblical Counselling?

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Books

The Berenstain Bears Get the Gimmies by Stan and Jan Berenstain

Feeling Good: The New Mood Therapy by David Burns

Inside Out by Larry Crabb

The Question of Lay Analysis by Freud, New York; W.W. Norton, 1990 (1927)

Optional*: *Seeing with New Eyes* by David Powlison

Speaking Truth in Love by David Powlison

* Articles from both these books are provided with course access.

Topics 2: Applied Theology of the Person

Who am I? Who are we? This is a practical theology module examining Scripture's unfolding answer to personal identity and corporate humanity. This course will give you a theological framework for understanding yourself and those around you so that you may know people better and help more effectively.

Objectives

By the end of the module, you will be able to:

- Demonstrate understanding of important concepts in the theology of the person (e.g., image of God, embodied soul, etc.)—both what they are (definitionally) and where you find them as patterns in Scripture.
- Demonstrate ability to apply those theological concepts in both personal and ministry contexts. Demonstrate how the concepts make a concrete difference in counselling—both in how you understand the person and their struggles and how you would help (methodology).
- Be able to identify 3-5 concrete applications from each biblical theological category (i.e., creation, fall, rescue/resurrection) in life issues and struggles.

CCEF Lecturer: Ed Welch

Ed Welch is a faculty member and counsellor at CCEF where he has served since 1981. He holds a PhD in counselling (neuro-psychology) from the University of Utah and an MDiv degree from Biblical Theological Seminary. Ed is a licensed psychologist and has been active in local church ministry for decades. He has written numerous books, including *When People Are Big and God Is Small*; *Shame, Interrupted*; *Side by Side: Walking with Others in Wisdom and Love* and *Created to Draw Near*.

Books

Systematic Theology: An Introduction to Biblical Doctrine by Wayne Grudem

Created to Draw Near by Ed Welch

Love's Executioner by Irvin Yalom